



*3 Habits I'm
Freeing Myself
From*



1. CONTROL

I used to decide everything for my family — dressing, meals, even their academic path.

But their adulthood and arguments taught me that they are no longer children.

Now I respect their space and choices.

2. PERFECTION

I once obsessed over spotless routines that couldn't be disrupted.

Now I remind myself - tasks can wait.

Rest matters more than guilt.



3. EXPECTATION

When things didn't go my way, I hid behind a calm front while negative thoughts lingered inside me.

Now I remind myself: *"release expectations of others, manage my own."*

It makes me lighter, more forgiving, and at peace.



Every release
creates more space
for
Peace, Respect and Grace. ✨

Letting go isn't losing
it's FREEDOM